



Collège Miles Macdonell Collegiate

757 Roch Street, Winnipeg, Manitoba R2K 2R1

Phone: 204-667-1103

Principal: Mr. J. Muller

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Winter 2023

Your River East Transcona School Division Trustees

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*RETSD is on Facebook and Twitter!
Like and follow us to stay up-to-date on what's
happening in the division.*



Principal's Message

As we approach our Spring Break, we would like to take this time to thank our CMMC community for your continued support in working to help students feel capable, confident, and ready for new challenges. As we keep trying to engage our students in meaningful learning opportunities, we know it is incredibly important for them to make connections to the world around them. As you continue to support your young learner, keep asking them questions that push beyond the "What did you learn?". Questions that explore connections to their current world view and experiences as well as the world view and experiences of others is what helps to deepen learning and build additional relationships between previous and future learning. As we work to prepare our students for a world that is changing at an incredible pace, we continue to invest in having our students explore skills such as: critical thinking, collaboration, communication, creativity, citizenship, and character.

We look forward to a return in April to continue our efforts in providing a positive and supportive learning experience for all students.

River East Transcona School Division is located on the original lands of the Anishinaabeg, Ininiwak, Anishininiwak, Dakota, and Dene peoples, and on the homeland of the Red River Métis. We recognize our part of the Treaty relationship and, as acknowledgement of the harms done, we commit to collaborating with Indigenous communities in the shared spirit of Truth and Reconciliation for the healing and inclusion of all who share this Land.



Collège Miles Macdonell Alumni Association

Here is a wonderful way to stay connected to Miles Macdonell Collegiate!

Please consider joining the Alumni Association.

Most importantly, this is the group that organizes multi-year reunions for all MMC graduates. The Alumni Association also carries on a few activities that are of value to current and former students alike, such as:

- Scholarships for graduating students
- Grants for changes to and equipment for the school
- Pizza lunches for EAL students
- Sale of digital versions of MMC Year Books dating back to 1952-53.

With the next major milestone reunion expected to be the 75th in 2027, the current slate of Association directors is unlikely to be the group that organizes it.

In addition, the funds in the trust that allows the Association to provide the scholarships and other grants for school changes and equipment will require on-going attention.

The best ways you can get in touch with the group are by visiting and liking their Facebook page at www.facebook.com/MMCAA, or you can contact the current Board of Directors elected officers directly via email as follows:

- Honorary Chair Darlene Lindsay (Former teacher)
- Chair: Ronald N. Storozuk ronstorozuk@mts.net
- Vice-Chair: **Position Vacant**
- Treasurer: Donna Cudmore dc2cd@shaw.ca
- Secretary: Maureen Silk mtsilk@shaw.ca

Other Directors are **Rick Dondo and Carmen Dondo**



They look forward to hearing from you!

Have you tried Pay Pal?

Did you know that you can pay your student's outstanding fees online? You can sign into the Parent Portal, and you will see a series of tiles, one of which is "Fees & Billing".

Fees owing are visible, and you now have the option of paying for outstanding fees this way. There is a nominal fee to use this service.

It is a great way to stay on top of all fees owing!



Attendance Telephone Number

Did you know that Collège Miles Macdonell Collegiate has a designated Attendance telephone line?

This is the phone number you need to call when your student will be absent for any reason. It is a voicemail messaging system. You can leave a message on this line stating your student's name, the date, and the reason for the absence at the following number:

CMMC Attendance Line:

(204) 663-4068



Please always use this number to report an absence

Languages Department – learn languages with us

QUEBEC-MANITOBA VIRTUAL EXCHANGE

We were able to have two French: Communication and Culture students from Mme Bailey's grade 12 IB classes participate in the Quebec-Manitoba virtual exchange! Sadly, it could not be in person. However, it did allow for the possibility to meet new people and use French for real communication and cultural connections beyond the classroom. Please enjoy the two testimonials from the participants:

I had the awesome opportunity to be a part of the 2022 Programme D'Échange Manitoba-Quebec. Even though it was online, I had an incredible experience! I was matched with two other students, and we met for around 30 minutes once or twice a week to discuss a wide range of topics in both French and English. We would occasionally meet up online with the entire group to play fun games and activities. Over time, I felt that my French conversational abilities improved, and I am more confident speaking French!

Precious Ola-Joseph

Hello, my name is Vladyslav. I took part in a virtual exchange program between different students across Canada learning French and English. The whole exchange was around a month long and my favourite part had to be the one-on-one sessions speaking to native Quebec speakers. I had opportunities to ask questions and it was a very admirable environment for learning. We also had large group meetings where we played French or English games together, at times in groups competing against each other. As well, there were weekly topics/ideas to speak about with our individual partner(s). I would highly recommend this program for anyone eager to practice more of their French in the future, as it is some of the best direct access you can acquire! **Vladyslav Koval**

Les voix de la poésie/Poetry In Voice competition

Our school-based poetry competition has taken place for our French Immersion Français students from grades 9-12. Our representatives moving on to the next level of competition are:

Rohan Mariash- representing the bilingual stream (one poem in French and one in English)

Illan Ybanez -representing the French stream (two poems in French)

The videos of their recitations will be sent to Les voix de la poésie/Poetry In Voice for the Senior Online Qualifiers, in hopes of becoming semi-finalists. Stay tuned!

Félicitations à tous les participants et encore à Rohan et à Illan!

Le bénévolat au Festival du Voyageur! Hého!

Mme Ramm organized and accompanied a group of French Immersion and French students to volunteer for a day at Le Festival du Voyageur! Students had various roles supporting the activities for younger students there for the day. It was a great way to use their French skills to experience a cultural event and to help the local Francophone community. Merci Mme Ramm!





Social Sciences Department News

Diversity Month

The Social Studies Department worked with the student lead Anti-Racism Club to prepare lessons and activities for students to take part in to deepen their learning regarding the important contributions that members of the BIPOC community have made to society throughout history. All teachers in the building were invited to implement a project with a class in which they would decorate their door in a way that celebrates the stories and achievements of the BIPOC community. Classes did an amazing job of finding creative ways to display their learning throughout the school!

Field Trips

Now that restrictions have lifted and we can go on field trips, the Social Sciences Department has been finding engaging ways to interact with the larger community and encourage our students to become active citizens. Here is a look at some of the unique things our students have been taking part in over the past couple of months:

Ms. Santos Grade 10 Geography classes visited the University of Manitoba **Farm and Food Discovery Centre** where they participated in the Farm to Fork workshop and her grade 11 Canadian history classes went to the Manitoba Museum where they participated in the Manitobans and World War II workshop as well as had some self-guided fun exploring the museum. Ms. Street and Ms. Main's grade 9 Canada in the Contemporary World class had the opportunity to participate in the Museum Highlights Tour at the Canadian Museum for Human Rights where they learned about different Human Rights journeys throughout Canada and the world.

Ethics Bowl

On Friday February 24th we will be sending a team of 7 students to participate in 9th Annual Manitoba Regional Ethics Bowl at the University of Manitoba. This event, put on by The Manitoba Association for Rights and Liberties, the Canadian Commission for UNESCO, the Canadian Museum for Human Rights, the Manitoba Department of Education and the University of Manitoba Centre for Professional and Applied Ethics, will be held in person this year after three years of doing it virtually. Our team is coached by Ms. Street and consists of Sarah Madsen, Gagandeep Sahota, Precious Ola-Joseph, Nyla Hicock, Khava Amir, Grace Wall and Zoe Judson. Since November, our team has been busy meeting each week to prepare for the event and the students are looking forward to sharing their ideas and competing against other students from across Manitoba. The winning team at the regional event will then move on to compete in the national event in April at the Canadian Museum for Human Rights. An Ethics Bowl is a collaborative yet competitive event in which teams analyze a series of wide-ranging ethical dilemmas. Judges rate responses according to the quality of a team's reasoning and how well team members: organize and present their case; attend to and analyze the morally relevant features of the case; anticipate and pre-emptively respond to commentary and questions. The Ethics Bowl allows for deeper critical thinking by examining Canadian and international issues as they unfold, while always looking for the best solution possible. Students who have participated say they love the format because of the respectful discussion on difficult issues and many of them have stated it has encouraged them to be more open to ideas.

ESD LEADERSHIP TEAM NEWS

ESD (Education for Sustainable Development) News Submitted by the ESD Leadership Team:

**Jonah Henwood, Precious Ola-Joseph, Kultaj Kaur, Sidney Perron, Kushal Joshi, Pooja Patel and
Teacher Leaders: Kara Street and Laura McCrindle**

CMMC has recently become a Learning for a Sustainable Future Certified school and are looking forward to implementing more projects that activities both in and out of the classroom that promote the achievement of the United Nations Sustainable Development Goals. Our ESD student group has been especially busy these past few months; here are some of the things they have been doing to promote stewardship and sustainability in the school.

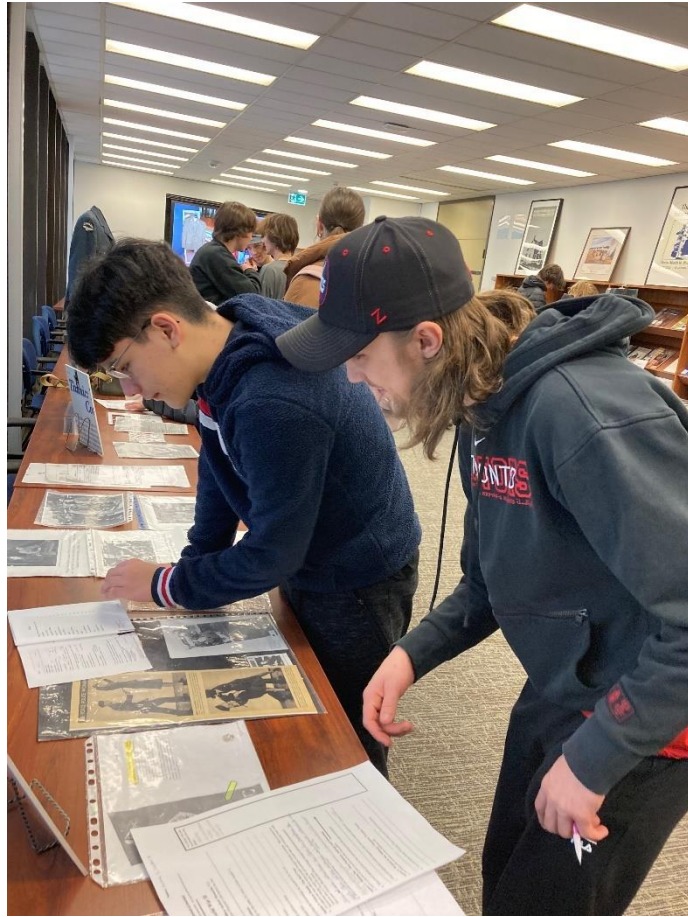
Our most recent project is one outlining the importance of reducing waste during the Valentine's Day season. We sold recycled Valentine's Day cards with personalized messages, alongside fair-trade chocolates to encourage students in the buckeye community to reduce waste and shop sustainably. On average, 144 million cards are bought each year for this day, and it takes many dead trees to make that a possibility. Our promotion of sustainability continues as we set ourselves up for a greener Valentine's Day and the rest of the school year!

During the holiday season, ESD helped contribute to preventing waste from going into the landfills by selling ornaments that we both handmade using recycled materials and distributed them in recycled gift bags instead of having to buy new ones. this initiative was a great success to conclude 2022!

Our club is very focused on reusing, so we set up bins for E-waste, batteries, phone cases, stationary, plastic water bottle caps, and recently we added a bin for single use plastic bags. All these items are being recycled or reused, to reduce the number of harmful effects such as water pollution, energy wastage, and to reduce greenhouse gas emissions. It's essential to recycle batteries since they contain chemicals which can be harmful for the environment and are also a fire-hazards if thrown into the garbage. The plastic bottle caps are being collected to help produce a high-quality building material to construct housing and shelter at an affordable price. Single use plastic bags will be crocheted into sleeping mats to be donated to assist those that are unhoused in the city.

Save the date! During the week of April 17th-21st we will be holding our annual school wide Earth Week activities to promote sustainability at CMMC. Leading presenters from the community will be speaking to students and there will be a variety of workshops available for classes to take part in. There will also be lunch hour activities including a hackthon, thrift fashion show, clothing swap and a local cinnamon bun fundraiser.











BLACK HISTORY MONTH



Вільна птах стрибає
на зворотному боці вітру
і пливе вниз за течією,
до закінчення поточного
і занурює крило
в помаранчевих сонячних променях,
і наважується претендувати на небо.

Pero un pájaro que acecha
por su estrecha jaula
rara vez puede ver a través
Sus barras de rábala
Sus alas están cortadas y
Sus pies están atados
Así que abre la garganta para cantar.

آزاده مرغی د بل د باد په فکر کی
او تجاری بیادونه د او ونو په واسطه نرم
وی.
او هغه غور چینی چی د سحر په بود
روښانه مخکته کی انتظار کوی
او هغه اسمان ته خپل نوم ورکوی

Lê çûkek qefilandi li ser gora
xewnan radiweste
Siya wî li ser kabûsê diqire
baskên wî hatine qefilandin û
lingên wî girêdayî ne
Ji ber vê yekê qirika xwe li
stranbêjiyê vedike.

The caged bird sings
with a fearful trill
of things unknown
but longed for still
and his tune is heard
on the distant hill
for the caged bird
sings of freedom.

I Know

Why the

Caged Bird

Sings

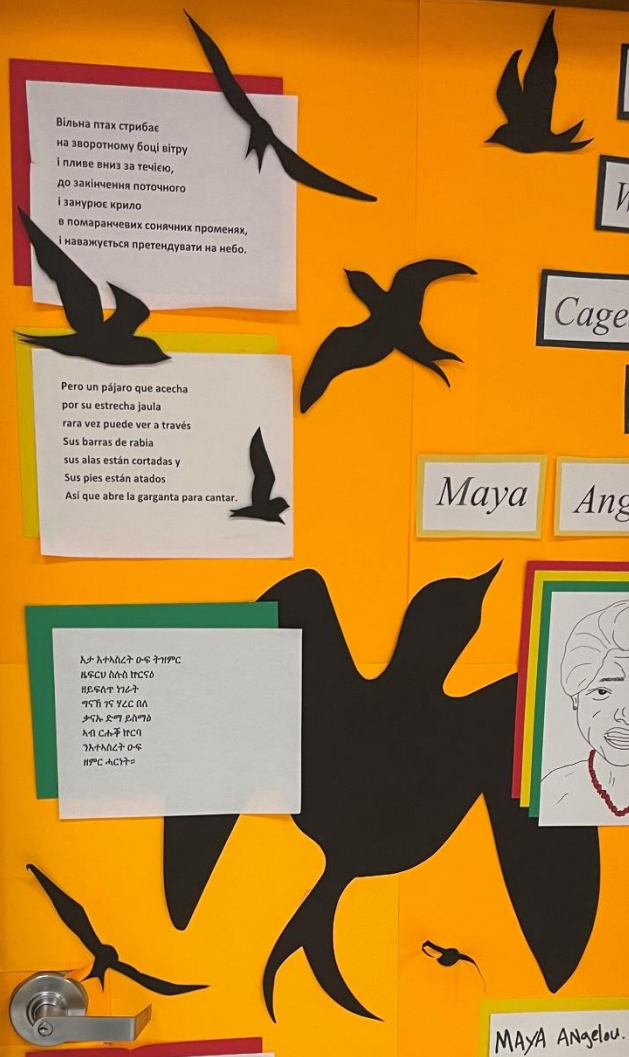
Maya

Angelou



MAYA Angelou. 는 흑인
주권 여성의 대변인으
로 간주되었습니다.
그녀는 작가 이상이다

Angelou had a kind career, as a singer, dancer, actress,
commentator and, of course, the famous poet. She was
highly respected and loved by all who knew her. She was
proud and full of life, and she was a great woman.
She was a woman who was not afraid to speak her mind.
She was a woman who was not afraid to stand up for what she believed in.
She was a woman who was not afraid to be different.



BHM PEOPLE of SIGNIFICANCE

MAE C. GEMISON



Who is she?
- Born Sept. 8th 1954
- Born in Mississippi, USA
- Civil rights activist

ACHIEVEMENTS
- Established The Ruby Bridges Foundation in 1994
- Received the Presidential Medal of Freedom in 2009

FACTS:
- She is the only African American woman to have been named a Time magazine "Person of the Year" (1960)

RUBY BRIDGES


WHO IS SHE?
- Born Sept. 8th 1954
- Born in Mississippi, USA
- Civil rights activist

ACHIEVEMENTS
- Established The Ruby Bridges Foundation in 1994
- Received the Presidential Medal of Freedom in 2009

MORE
- Her father had her work on the book "The Children Who Crossed" which was published in 1964

KIDS KNOW NOTHING ABOUT RACISM. THEY'RE TAUGHT THAT BY ADULTS. - R.B.

WILHELMINA



Who is she?
- Born in 1944
- Civil rights activist

ACHIEVEMENTS
- Received the Presidential Medal of Freedom in 2009


ELLEN JOHNSON SIRLEAF

Who is she?
- Born in 1944
- Civil rights activist

ACHIEVEMENTS
- Received the Presidential Medal of Freedom in 2009

"If your dreams do not scare you, they are not big enough"

Martin Luther King Jr.



Who is he?
- Born in 1929
- Civil rights leader

ACHIEVEMENTS
- Received the Nobel Peace Prize in 1964
- Received the Presidential Medal of Freedom in 1968


SOJOURNER TRUTH



Who is she?
- Born in 1775
- Abolitionist

ACHIEVEMENTS
- Received the Presidential Medal of Freedom in 1995

THURGOOD MARSHALL



Who is he?
- Born in 1917
- Civil rights lawyer


ACHIEVEMENTS
- First African American Supreme Court Justice in 1967

WILLIE RAY

Who is he?
- Born in 1925
- Civil rights activist

ACHIEVEMENTS
- Received the Presidential Medal of Freedom in 1994

MORGAN FREEMAN



Who is he?
- Born in 1937
- Actor

ACHIEVEMENTS
- Received the Presidential Medal of Freedom in 2002

EARL BICE



Who is he?
- Born in 1925
- Civil rights leader

ACHIEVEMENTS
- Received the Presidential Medal of Freedom in 1994

BOB MARLEY



Who is he?
- Born in 1945
- Reggae singer

ACHIEVEMENTS
- Received the Grammy Award in 1977

MUHAMMAD ALI



Who is he?
- Born in 1942
- Boxer

ACHIEVEMENTS
- Received the Presidential Medal of Freedom in 1975

CLAUDETTE COLVIN



Who is she?
- Born in 1924
- Civil rights activist

ACHIEVEMENTS
- Received the Presidential Medal of Freedom in 1994


LORNA BOWEN



Who is she?
- Born in 1944
- Civil rights activist

ACHIEVEMENTS
- Received the Presidential Medal of Freedom in 1994

NAOMI SIMS



Who is she?
- Born in 1939
- Fashion designer

ACHIEVEMENTS
- Received the Presidential Medal of Freedom in 1994

ROSALIND WALKER



Who is she?
- Born in 1944
- Civil rights activist

ACHIEVEMENTS
- Received the Presidential Medal of Freedom in 1994


HELE BRYANT



Who is she?
- Born in 1944
- Civil rights activist

ACHIEVEMENTS
- Received the Presidential Medal of Freedom in 1994


ROSALIND WALKER



Who is she?
- Born in 1944
- Civil rights activist

ACHIEVEMENTS
- Received the Presidential Medal of Freedom in 1994

ROSALIND WALKER



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
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
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WILLIE RAY



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- Received the Presidential Medal of Freedom in 1994

Family Studies
Les études familiales

I HAVE A DREAM



Dance Crew News

On Saturday December 3rd, Miles Mac's Dance Crew performed at the annual Dance Manitoba Showcase which took place at Jubilee Place Auditorium. This was a wonderful experience for the students to see the different types of dance that are taught in Manitoba and to see what is being done in other high schools in the city. The different dances performed were: tap, lyrical, belly dancing, musical theatre, modern and Hip-Hop. The students were true professionals and not only watched attentively as each group performed, but also cheered each group on to help them perform to the best of their abilities. A great day for sharing the love of dance and bringing people together.

At 12:30 on Wednesday, December 21st, right before the Winter Break, ACE Dance Crew presented their dance to a packed theatre of Miles Mac's students. Crew put on an amazing performance and the energy was amazing! Students in the theatre cheered on the dancers, sang along with the music and had a great time watching the dancers perform. Crew members gave it their all and left the stage with a huge smile on their face!! It was a great way for the students to get ready for their well-deserved Winter Break.





Children's Winter Arts Festival

On Tuesday, December 20th, Collège Miles Macdonell Collegiate's Performing Arts and Fine Arts students and StuCo members welcomed the Grade 1 and 2 students from École Neil Campbell School for a morning to celebrate the arts. The Children's Winter Arts Festival started with everyone meeting in the theatre and then splitting into small groups to go to the different activities. The different stations included: Face Painting, Singing, Drama Games, Dancing and then a little time to relax with our Story and Snack station (run by Ms. Kowalyk and her Grade 12 English students). The last stop of the morning was back to the theatre for a performance by Compass and the dancers in the Miles Mac Dance Program. And believe it or not, there was even a visit from a special someone from the North Pole to finish off the morning. All students, young and old, had a huge smile on their face at the end of the morning. And the biggest question was "Can we do this again next year?" And the answer of course is, "DEFINITELY!!" See you all next year!





An evening of student Choreography

Students in the Collège Miles Macdonell Collegiate's Dance Program proudly presented "An evening of Student Choreography" on Thursday, January 26th at 7 pm in the theatre. Parents and friends came out to see an incredible performance that showcased the many talents of the dancers at Miles Mac. The audience was treated to student choreography of so many different dance genres. There was Ballet, Tap, Modern/Lyrical, Hip Hop, Jazz and K-Pop. The students in the Dance Program also presented their Hip Hop choreography that they learnt with our guest instructor, Ms. Makenzie Frias. The audience was treated to an incredible performance by Miles Mac's own Bhangra Dance Club. All dancers came on stage at the end for one final bow.

Thank you so much to all parents, friends and families who came out to support the dancers and the program.

The Collège Miles Macdonell Collegiate Dance program will be presenting their next show on Thursday, May 25th at 7pm in the Theatre. The show is called "Dancing with the Staff" and includes the staff competing for the trophy of Best Group. Hope to see you all there.

Performing Arts Tour 2023!

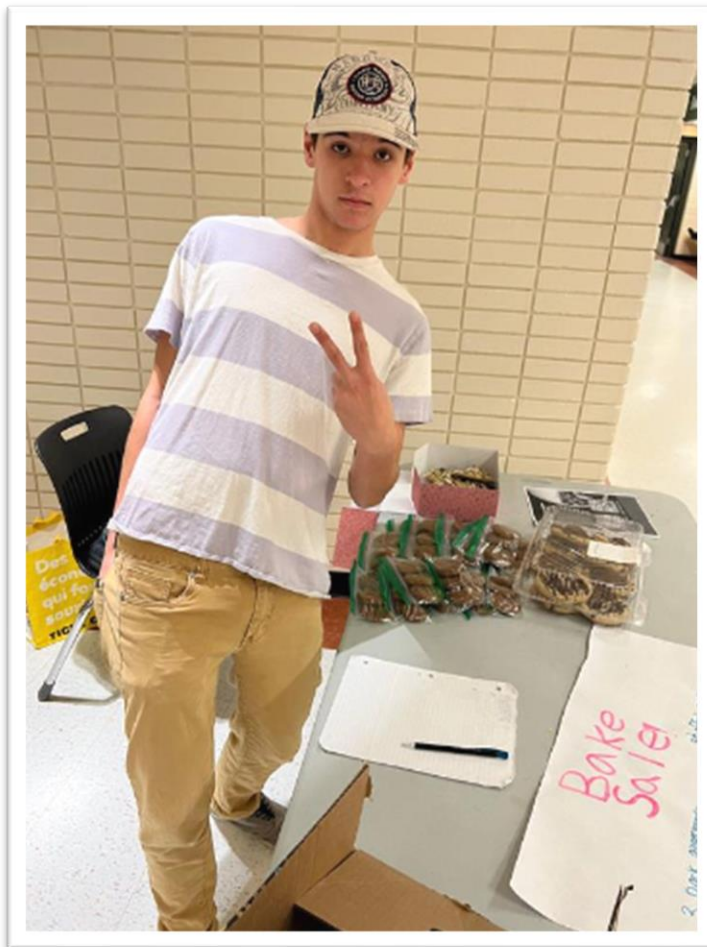
Sometimes it is hard to know which options you want to take in grade 9, when you are filling out your registration form for your big move to high school. The students at École John Henderson Middle School and École Munroe Middle School had some help from the Performing Arts students at Collège Miles Macdonell Collegiate. On Friday, January 27th, 60 Drama, Music, Choir and Dance students performed for both of these middle years schools. Mr. Rempel along with Compass performed 4 songs from their repertoire and some students shared their experiences of what the music program is like at Miles Mac. While Compass was playing, the students were treated to a slideshow that showcased the many talented artists from the Fine Arts Program that is taught by Ms. Fraser and Ms. Kruger. Ms. Belton's talented Drama students played a fun improvisation game that had everyone laughing! And Mme. Ybanez's dance students wowed the audiences with their energy and their expertise. The day was a lot of work especially for the music students with the setup and takedown of the instruments, speakers, mics, etc. A huge thank you to Mr. Turenne and Diana Petra for their tech help on that day. We could not have put on such an incredible performance without your help.

All students had a great time, especially with that Pizza lunch!! And we can hardly wait to see the students from these two schools walking the hall of Miles Mac and hopefully participating in the awesome arts programs at Collège Miles Macdonell Collegiate.

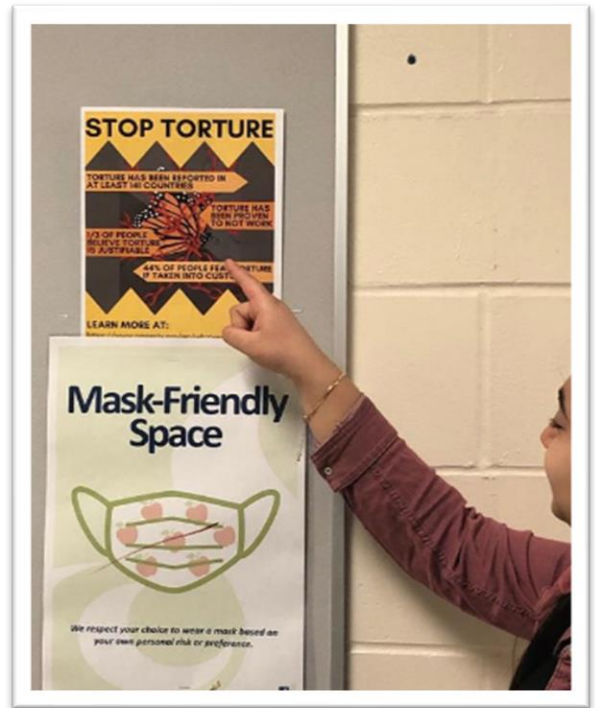
Ms. Tepperman – Human Rights Violation Project

After reading the Holocaust memoir *Night* by Elie Wiesel, students in Ms. Tepperman's Grade 10 P.B. English class completed a research project on a human rights violation occurring in the world today and created a campaign to raise awareness about this topic in our community. In the last few weeks, they have shared their research with hundreds of students and adults at CMMC and beyond, gathering data on the impact of their work.

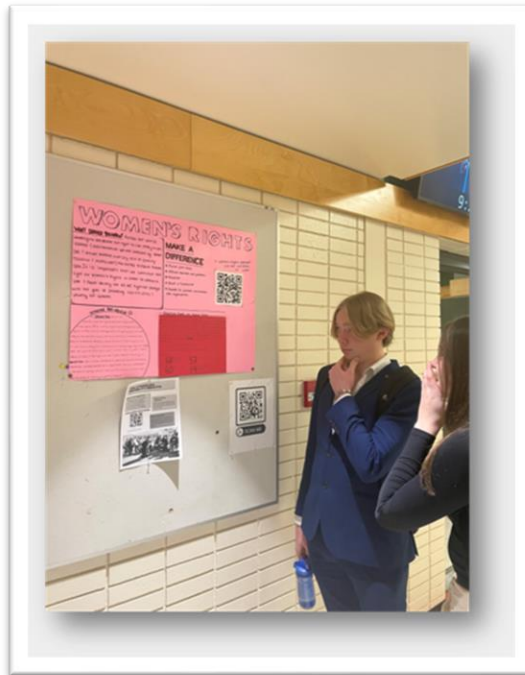
In their outreach efforts, students examined a range of topics—such as women's rights, human trafficking, media bias, and arbitrary arrest—and created campaign elements that would spread awareness of the issue. Campaign elements included podcasts, websites, posters, PSA videos, fundraisers, and information booths. If you see an eye-catching poster about one of these important issues in the CMMC halls, take a closer look! Many posters include QR codes that link to student research.



Bake Sale to raise funds and awareness for the Human Rights Awareness Watch (Coordinated by Grade 10 Students Tristan Harder and Jonah Henwood).



Media Bias Awareness



Grade 10 students Ella and Sophie created a campaign to raise awareness about women's rights. They recorded a podcast on the issue and shared it through QR codes on posters throughout the school.

STUCO News

At College Miles Macdonell Collegiate, our Student Council is focused on bringing back the Buckeye culture that was so prominent in our halls and will continue to be a part of our staff, students, and alumni.

This year we were given the freedom to put on activities as “normal”. We decided to hold a Halloween Spirit Week ending off with a costume contest and Haunted House in our very own Helen Mayba theatre! We ran our Haunted House with the help of many drama students and members of the production and every member of StuCo, and we found it to be a smashing success.

StuCo also held a traditional Miles Mac Grade Wars ending off with the return of the Gym Riot during December! This week was the perfect way to end off 2022 before we left for winter break still holding on to the Buckeye Spirit. Our Gym Riot brought out the most creative and enthusiastic sides of the students at CMMC and we could not be prouder of the outcome.

We launched our newest campaign called “Flowers for MILES!” during the month of February where we will sold and delivered flower grams to students at CMMC!

All of this would not be possible without the hard work and help from our talented and diligent project managers and members. We are so proud of the work StuCo has already done and will continue to do for the rest of the year.

Cherry Nguyen and Roopak Brar

Student Council Co-Presidents 2022-2023



Holiday Sparkle



Mrs. Madsen's Individualized class brought a big dash of holiday sparkle to students in Ms. Kaminsky's Grade 10 Mathématiques au quotidien class.



Library News

I Love to Read

Our Library Leader group planned many fun activities and contests throughout the month of February for I Love to Read month, including a bookmark contest, Caught You Reading draws, and the chance for a blind date with a book! Students had many opportunities to win new books throughout the month. We love reading all year, but enjoy highlighting it in February!

New Books

As always, we continue to add many new books to our library collection. We've been focusing on newly published fiction, filling in some missing books from much loved series, and adding to our manga collection. We always enjoy hearing what the students are interested in and let them be the first to check out any book they recommend for purchase!

Library Information

Our Library Learning Commons is open 8:00-3:45 each school day and there are no check out limits. We encourage students to return any overdue books or let us know if something has happened to their book. We do not charge late fees; we're just happy to have the materials returned. When students use the LLC space, they are encouraged to work on quiet activities, such as reading, writing, and completing schoolwork.

Youth Alcohol Use- Are we still talking about it?



Alcohol information and resources for parents (click link to access):

[Youth Alcohol Information-Drug Free Canada](#)

[CCSA Research Study Regarding ED visits](#)

[Talking to Youth about Alcohol AHS](#)

Close to 80% of young Canadians 15 years and older have reported drinking alcohol during the past year. It is the substance that the majority of young people in grades 7 through 12 will try first.

The media is often filled with information about youth substance use and there has been a large focus on the opiate crisis; the potential for fatal overdose due to fentanyl being found in other street drugs. Parents and caregivers often feel fearful of the drugs available to youth today and we can sometimes lose sight of alcohol. Alcohol is still the most commonly abused substance in Canada and often the substance that youth are most likely to try first.

The average age for a youth to first try alcohol is age 13. Consistent conversations with our teens about all substance use is incredibly important. Parents are one of the most powerful influences in your child's life. Having thoughtful conversations with them about substance use can help them make informed and healthy choices.

A recent study was released that looked specifically at youth attending emergency rooms for substance related issues over a four year period in three cities in Canada (An Evaluation of Psychoactive Substances that Bring Youth To the Emergency Department- CCSA). This study involved 4634 cases and found that alcohol was the most

commonly used drug that precipitated the hospital visit (almost 70%). Many of these hospital cases presented with potentially life threatening effects.

The most common case presentations in the ER were drug toxicity (alcohol overdose), falls, vehicle accidents, violence and self-harm, including suicide attempts.

Other key findings from the report were:

- 28% of the visits were by young people under the minimum legal drinking age in their region.
- More than one psychoactive substance had been consumed in nearly 40% of cases.
- A large proportion of young people arriving in the EDs had previously visited for a substance-related emergency.

Talking with our youth about short and long term effects of alcohol, how to handle situations with peers, lower risk drinking guidelines and what the signs are of an alcohol overdose and what to do about it is all key information youth need to help them make decisions.

Substance Use and Mental Health Supports for Youth

Youth Substance Use Services:
204-944-6235

Youth Addictions Centralized Intake: 1-877-710-3999

Crisis Support Lines (available 24 hours)

Mobile Crisis team: (204) 949-4777

Kids Help Phone: 1-800-668-6868 or text 686868



Alana Sigurdson

Substance Use Counsellor
Shared Health-Mental Health & Addictions

asigurdson@retd.mb.ca
204-260-9921

College Miles MacDonell Collegiate
Mondays, Thursdays & alternating Fridays

Y.A.S. News

Y.A.S.' Galentine's Day Drive for Women's Health

The Youth Aid Society (Y.A.S) is a student-initiated club at CMMC that seeks to support health care in our local community and in our school. February's initiative was the **West Central Women's Resource Centre Drive for Hygiene items in support of "Galentine's Day"**. YAS' community of students worked together to educate their cohorts about the impacts of Covid on Women in particular. This initiative ultimately resulted in the collection of **10 boxes of toiletries totalling over 500 items!** The boxes were delivered to the shelter and were met with enthusiastic appreciation! Thank you to all that participated in making a positive difference in our community!



RETLife Programming

[RETLife](#) provides exciting opportunities for community members to participate in leisure and recreational programming at schools throughout the RETSD division.

All activities allow ***you*** to stay close to home!

New classes have been added to our list for the spring – and even more are in the process of being added shortly!

New RETLife classes include:

- [*Kids Can Draw \(6 – 8 years\)*](#)
- [*Kids Can Draw \(8 – 12 years\)*](#)
- [*Sketching and Drawing*](#)
- [*Yoga*](#)
- [*Mental Health First Aid for Adults Interacting with Youth*](#)

Coming soon to RETLife!

- *Parent and Child – Learn to Jig Together*
- *WHMIS*
- *Flag Person Training*
- *Basic Life Support (for medical professionals)*
- *Food Handlers*
- *Parent and Child Yoga*

Make sure to follow [RETLife](#) on Instagram and Facebook for updates!